



SNIPPETS

March 2019 | Edition 203

Seniors Enquiry Line

No question is too big or too small

Your Newsletter

We would like to ensure that Snippets is discussing topics that are important to you. If there are specific topics or themes you would like added, please contact **Seniors Enquiry Line** and we will try our best to address them in future issues.

Quote

"By the time you're eighty years old you've learned everything. You only have to remember it." George Burns

Contact Details:

Phone: 1300 135 500

Email: sel@uccommunity.org.au
www.seniorsenquiryline.com.au

Seniors Enquiry Line is an information and referral service for Queensland seniors, proudly sponsored by the Queensland Government and operated by Uniting Care.

Call Charges 13/ 1300/ 18/ 1800

The cost of a call to a 13/1300 and 18/1800 number depends upon the type of phone you are calling from eg mobile or landline, the telephone company that provides your telephone service and the call plan you have chosen. In general if you are calling from a landline to a 18/1800 number it is free and if it is a 13/1300 number it is a fixed low charge. If you are calling from a mobile timed rates may vary. For more details ask us for the full fact sheet or look up special numbers ACMA at <https://acma.gov.au/Citizen/Phones/Numbers/Special-numbers>

Assisting Seniors to Stay in their own homes !

The Minister for Senior Australians and Aged Care (Mr Wyatt) has announced that an extra \$15 Million will be spent looking after seniors in their own home. The funding will be spent through the Commonwealth Home Support Program (CHSP).

The CHSP hopes to maintain wellness and support rehabilitation through :-

- **Services** such as domestic assistance, meals, transport, home maintenance, nursing and respite care, physiotherapy, podiatry and speech pathology
- **Modifications**, such as installing ramps around the house, a grab rail in the shower and hand rails next to steps, providing crucial assistance for people to live and move safely in their own homes.

Overall the focus is to provide better access to care and quality services for our precious seniors.

For the full report go to :-

<http://www.health.gov.au/internet/ministers/publishing.nsf/Content/health-mediarelat-yr2019-wyatt009.htm>

March Madness

False teeth are like stars

They both come out at night!



Safely Shopping Online Online Shopping?

Online shopping has made life easy and products more accessible but there are some good tips to keeping yourself safe when shopping online.

Protecting yourself online?

ID care has a great fact sheet and here are just some of their tips:-



- ◆ Check if the company has complete, verifiable, contact details including a street address.
- ◆ Don't save your credit card details to websites
- ◆ Check you are on a secure web page. These pages begin with "https://" and show a locked padlock symbol in the address bar. These will encrypt your data.

More info

These details are available through ID Care—this is Australia and New Zealand's National Identity and Cyber Support Service. Call Seniors Enquiry line for a fact sheet or look up www.idcare.org or call ID care on 1300432273

Multicultural Calendar—Free

We have some free Multicultural calendars for any interested seniors, thanks to Diversicare—Gold Coast. Call today if you would like one posted—limited supply available. Call 1300 135 500

RIDDLE OF THE WEEK

If a rooster laid a brown egg and a white egg, what kind of chicks would hatch?
How much dirt is in a hole 4 feet deep and 2 feet wide?

No dirt in a hole

None Roosters don't lay eggs

Chickens helping Seniors

For some residents, going into an aged care facility can enhance socialisation but for some it makes them more lonely. They have to give up their home, pets, garden, and past lives.



It is believed that chickens have a positive impact in an aged care facility. Hens bring back that pet—carer bond with residents. Trials in the UK have shown positive impacts of hens in residential care and NSW is trialling it. Chickens give residents someone to care for, hold and someone to talk to. Do you have chickens in your residential facility— how do you feel about them? Read the full article on [henpower here https://www.abc.net.au/news/2016-01-08/henpower-promotes-well-being-in-aged-care-facility/7077092](https://www.abc.net.au/news/2016-01-08/henpower-promotes-well-being-in-aged-care-facility/7077092)

What's on this March

- ◆ Weekly Chess, Ipswich Library Every Tuesday 10—12 noon, contact: 07 3282 8644
- ◆ Ink, Twigs and found objects pattern workshop Sherwood, Brisbane. 5th March, contact: 3379 6963
- ◆ Harmony Day (Choir Song), Beenleigh Library 21 March, contact: 07 3412 4130
- ◆ Feast of the Senses, Innisfail. 28—31st Mar, contact: 0447037476
- ◆ Roma Picnic Races, Roma. 29-30 Mar, contact: 0427258368
- ◆ Seniors Forum and Expo; Seniors First. Bundaberg 26th March, contact: 1300883699
- ◆ Morning Melodies, Cairns Performing Arts Centre. 25th March, contact: 1300 855 835

More events can be accessed on our Events page.

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